CREDITS FOR ATTENDANCE

CE Hours - 14

****** includes 3 hours of ETHICS ******

Friday, March 5th - 6 hours
(Includes 1.5 hour ETHICS)
Friday Evening - ETHICS - 1.5 hours
Saturday, March 6th - 6 hours

1. National Board for Certified Counselors (NBCC) Provider #6525
2. Social Workers - Idaho IDAPA Chapter 24.14.001, Rule 351.03.a.1, authorizes ISIP and other Professional Associations to provide Continuing Education for Social Workers.
3. Idaho STARS training hours

Certificates of Attendance available to all attendees.

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GRADUATE CONTINUING EDUCATION CREDIT

Northwest Nazarene University

(Must attend both day programs and evening program)

Will submit paper to instructor of record

1 Credit.....$60.00

Registration for credit on-site only.

For more information call 208-761-2921

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This Conference will be offered via Zoom

Once registered you will be emailed attendance information. There will be a tech support team available Thursday March 4th from 7:00pm to 9:00pm for participants to connect and troubleshoot any technology they may be using.

Learning Objectives: At the end of the Conference, participants will be able to:

1. Differentiate between Single Shock and Complex Trauma.
2. Understand safeguarding purpose of trauma symptoms.
3. Describe impact of Adverse Childhood and Community Experiences.
4. Describe parallels between Adlerian and Polyvagal Theory approaches.
5. Understand dissociation and use of Internal Family Systems.
6. Identify belief systems behind behaviors.
7. Describe principles of 3 phase approach to trauma therapy.
8. Apply skills (e.g., validation, empathy, and encouragement) to support regulation.
9. Explain importance of self-care as practitioners.

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"Anyone trained in Adlerian Psychology knows what to do the first time they sit down with a client and through the process."

Wes Wingett, Ph.D. & Steven Maybell, Ph.D.

Includes 3 hours of ETHICS!

Who attends ISIP Conferences?

- Counselors
- Social Workers
- Case Managers
- Educators
- Child Care Providers
- Psychologists
- Business Professionals
- Doctors & Nurses
- Parents

Idaho Society of Individual Psychology
Post Office Box 8736
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Don't Miss Our First Ever Virtual Conference!

IDAHO SOCIETY OF ISIP INDIVIDUAL PSYCHOLOGY

Presents

"Practical Adlerian Approaches to Trauma Throughout the Lifespan"

Anthea Millar

Jody Malterre

Featuring:

Anthea Millar, MA, MBACP
Jody Malterre, MAED

ISIP ANNUAL CONFERENCE

March 5th & 6th 2021

This conference will be offered virtually through Zoom

ISIP Registration

Sign up for:	Regular	Full Time Student**
☐ Both Days*	$270	$135
☐ Friday Only*	$215	$110
☐ Saturday Only*	$200	$100

**Friday Ethics INCLUDED WITH above Registration*

☐ Friday Ethics only* $75 $75

(Friday Ethics only Late Charge after 2/15 - $25)

20% DISCOUNT offered for 3 or more registrants from the same agency for REGULAR registrations submitted together. Discount NOT AVAILABLE for Student, Online or Evening Only

CONFERENCE REGISTRATION INCLUDES: ISIP MEMBERSHIP

Students will need to provide proof of student status by providing their professor's signature below or a copy of an email from their current professor.

Professor's Signature:

CONFERENCE REGISTRATION $_____

LATE CHARGE after 2/15/2021 ($25) $_____

CONFERENCE TOTAL $_____

TOTAL ENCLOSED $_____

Please Print

Name _____

Address _____

City _____ST_____ Zip _____

Day Phone _____

Evening Phone _____

Email* _____

Profession _____

Institution _____

Make checks payable to ISIP and mail along with this registration information to ISIP, P.O. Box 8736, Boise, ID 83707 or to Register Online, go to www.adleridaho.org

DISCOUNT NOT AVAILABLE FOR ONLINE REGISTRATIONS.

Cancellation Fee of $25 will be retained before February 15. NO REFUNDS after February 15.

Phone (208) 761-2921 • adleridaho@gmail.com

Please note: Confirmation is sent via e-mail only.

FRIDAY, MARCH 5TH	
7:30 a.m.	**Zoom Room Open & Tech Checks**
8:30 a.m.	**Anthea Millar Session 1** • Adler's History & 'Gemeinschaftsgefühl' • Single Shock vs Complex Trauma • Adverse Childhood and Community Experiences (ACES) • Race and Social Justice: Trauma Informed Approaches • Safeguarding Purpose of Trauma Symptoms • Critique of Medical Diagnostic Approach
10:00 a.m.	**BREAK**
10:15 a.m.	**Anthea Millar Session 2** • Holism & a Biopsychosocial Approach • Connection as a 'Biological Imperative' • Adler and Polyvagal theory (Porges) • Organ Jargon • Dissociation & Internal Family Systems (Schwartz)
11:15 a.m.	**LUNCH BREAK**
12:15 p.m.	**Jody Malterre Session 1** • What we want for our clients, students, and children. • The behavior we see is driven by a belief system we don't see. Often, "misbehavior" is a solution to a problem we don't see. • The importance of following the order of Regulate, Relate, Reason • The Brain in the Palm of the Hand. • Value & effectiveness of regulation before correction • Ideas for helping ourselves and other self-regulate.
1:15 p.m.	**BREAK**
1:30 p.m.	**Jody Malterre Session 2** • Watch and/or participate in some activities designed to build connection through validation and empathy. • Participate in an activities to practice conveying empathy to the point that a person truly "feels felt" • See how to validate anger as a means to help kids and teens navigate through it. • Practice using curiosity questions as a way to understand, not manipulate.
3:00 p.m.	**BREAK**
3:15 p.m.	**ETHICS: "7 Deadly Sins of Therapy" Charles Pohl LCSW, CGP *Part 1***
4:45 p.m.	**BREAK**
5:00 p.m. - 6:30 p.m.	**ETHICS: "7 Deadly Sins of Therapy" Charles Pohl LCSW, CGP *Part 2***

Jody Malterre MAEd Jody has over 30 years' experience in education as a teacher, administrator, and consultant. She was the owner/administrator of three Montessori schools in Idaho for 18 years. This experience led her to her work at Westminster College in Utah as a Montessori Teacher Trainer.

Jody "found" Adler when she took her first parenting class from her mother-in-law while reading Children the Challenge. She was then inspired to become a Positive Discipline facilitator. Currently, Jody is a Positive Discipline trainer for parents, teachers, early childhood educators, and professionals. She serves as the Co-Chair of the Positive Discipline Association and as a Co-Chair of the Educators Section of North American Society of Adlerian Psychology. Additionally, Jody is an active member of ISIP and holds a Certificate of Professional Studies in Adlerian Psychology.

Jody's work has taken her around the world as a trainer, consultant, and coach. Her favorite moments, however, are found in Boise where she lives with her husband, dog, and enjoys visits from her college daughters.

SATURDAY, MARCH 6TH	
7:30 a.m.	**Zoom Room Open & Tech Checks**
8:30 a.m.	**Anthea Millar Session 3** • 3 Phase Approach to Trauma Therapy • Assessment and Case Conceptualisation • Enabling Safety & Stabilisation • ANS Precision Regulation • Dual attention: Building Internal Connections • Integration with SIBAM (Levine)
10:00 a.m.	**BREAK**
10:15 a.m.	**Anthea Millar Session 4** • Managing Triggers, Flashbacks, & Nightmares • Working Safely with Trauma Memories • Focus on Resources • Life Tasks & Reconnection • Resilience & Post-traumatic Growth • Safety and Connection as Practitioners
11:45 a.m.	**LUNCH BREAK**
12:45 p.m.	**Jody Malterre Session 3** • Unpack new encouragement ideas to go much deeper than praise. • Our kids and clients all have strengths. How might we see their "misbehavior" as an under or over-use of these strengths? • When we are in tough moments, how might we use these strengths to re-direct behavior to be more useful? • Discuss how encouragement changes the perceptions affecting private logic of our clients and kids.
2:00 p.m.	**BREAK**
2:15 p.m.	**Jody Malterre Session 4** • Once we have regulated and related, we are ready to reason. Let's examine the different results of consequences versus solutions? • "Laddership" vs. Leadership, how to invite others to strive toward social interest rather than a vertical position. • Tools we can use to help others move in a felt plus direction.
3:15 p.m.	**Q&A Panel with Anthea Millar and Jody Malterre**
4:00 p.m.	**Conclude Conference**

Anthea Millar MA, MBACP (Senior Accredited), UKRC, Dip. IIP

Anthea Millar is a UK based Adlerian psychotherapist, trainer, and supervisor/supervisor educator, with 38 years' experience of working in the National Health Service, with EAPs, and numerous educational and charitable agencies. Anthea founded the Adlerian Counseling Diploma training in Cambridge over 30 years ago and has been invited to provide training in both the UK and internationally including Eastern Europe, Greece, Israel, Malta, Canada, Germany, the USA and Malaysia.

A first career as a speech and language pathologist, when she specialized in neurological trauma, set the scene for her interest in psychological as well as physical trauma, for which she has undergone many longer specialized trainings.

Anthea is a Vice–President of the Adlerian Society of the UK, on the faculty and board of ICASSI, and a founder and director of Cambridge Supervision Training. She is co-author of 'Practical Supervision: How to become a Supervisor for the Helping Professions' and has also written many other chapters and articles on trauma, supervision and Adlerian psychology.

See you at the conference!